

## Finding Whole Grains

Searching for whole grains is easier than you think, and well worth the effort. Simply check package labels for our Whole Grain Stamp, shown here. It guarantees you're getting half a serving (8g) or more of whole grain. Every Stamp tells you just how much. And, if you see the 100% banner on the Stamp, you know that all the grain is whole grain.



If you don't see the Stamp, check the ingredient list for some of these common whole grains:

- » Hulled Barley
- » Brown Rice (and colored rices)
- » Buckwheat
- » Whole Corn (including popcorn!)
- » Oats (and oatmeal)
- » Whole Rye
- » Whole Wheat
- » Wild Rice

Other whole grains that you may also see on ingredient lists:

- |             |             |
|-------------|-------------|
| » Amaranth  | » Sorghum   |
| » Buckwheat | » Triticale |
| » Millet    | » Teff      |
| » Quinoa    |             |



## Whole Grains and Health

Eating the **whole** grain gives your body extra antioxidants, fiber, vitamins, and minerals, all of which are essential to good health. Adding whole grains to your diet can significantly lower your risk of chronic diseases and illnesses such as:

- » stroke
- » diabetes
- » heart disease
- » inflammatory diseases
- » some cancers
- » high blood pressure



Switching to whole grains also helps with weight control. Benefits kick in with even one serving, but aim for three or more servings daily for best health results.

## Easy Recipes for Whole Grains

Cooking whole grains is simple. Most grains can be cooked like rice (in just enough water) or like pasta (in lots of water, then drained). Some whole grains cook in just 10-15 minutes! Try delicious ideas such as:

- » Hearty Chicken Rice Soup
- » Quinoa Stuffed Peppers
- » Coconut Almond Granola Bars
- » Baked Blueberry & Peach Oatmeal



For recipes and for details on the latest scientific studies about whole grains, turn to the world's leading whole grains organization:

[www.WholeGrainsCouncil.org](http://www.WholeGrainsCouncil.org)



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## Welcome to Whole Grains

Healthy, Convenient, Delicious



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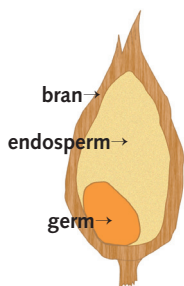
Oldways/Whole Grains Council





## What Is A Whole Grain?

When grains grow in the fields, they have three edible parts: the outer bran layers, rich in fiber and B vitamins; the germ, full of antioxidants; and the starchy endosperm.



If the bran and germ (the healthiest parts) are removed, the grain is said to be refined. Refined grains are missing about two-thirds of many essential nutrients. Some grains are then enriched—but this only returns about five of the missing nutrients.

Your best bet for good health? Look for whole grains. Even if they've been ground into flour, or rolled into flakes, they're still whole grains if all of the three original parts are still present in their original proportion.

## Gluten Free Doesn't Mean Whole Grain Free



Some people have blue eyes and some brown. Some are tall and some are short. Most people can eat all kinds of grains—but some can't digest gluten, a protein found in wheat, rye, and barley. This doesn't mean they cannot enjoy the many benefits of a whole grain diet.

Most whole grains are gluten-free, including:

- |             |             |
|-------------|-------------|
| » corn      | » buckwheat |
| » rice      | » quinoa    |
| » oats*     | » millet    |
| » wild rice | » sorghum   |
| » amaranth  | » teff      |

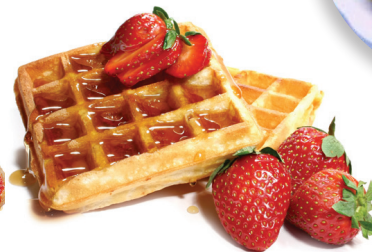
\* Oats are naturally gluten-free but may be contaminated by wheat gluten during growing or processing. Look for certified gluten-free oats.

## Whole Grains on Every Plate

It's easy to make at least half your grains whole, with delicious, convenient options like these at every meal.

### Breakfast

Make your morning meal healthier by switching to whole grain breads and cereals, a bowl of oatmeal or a multigrain waffle or pancakes.



### Lunch

Look for whole wheat breads for your sandwiches for added flavor and a boost of energy, or make a salad or soup with brown rice or bulgur wheat.



### Dinner

Add a side of wild rice or quinoa to your dinner plate and you'll get all the extra benefits of fiber and antioxidants.



### Snacks & Sweets

Satisfy your sweet tooth or midday hunger pangs with a whole grain choice, like a granola bar, crackers or pop corn.



Adults and most children should eat at least three servings (48 grams or more) of whole grains daily.